

DIABETES

What are the stages of diabetes?

What About Prediabetes?

Prediabetes happens when someone has **elevated blood sugar**, but it's not quite high enough to be considered diabetes.

The transition from prediabetes is not a foregone conclusion.

The CDC maintains "Progression to diabetes among those with prediabetes is not inevitable. Studies suggest that **weight loss and increased physical activity among people with prediabetes prevent or delay diabetes** and may return blood glucose levels to normal."

The National Diabetes Information Clearinghouse supports this assertion, explaining, "people with prediabetes—at high risk of developing type 2 diabetes—could **sharply lower their risk by losing weight through regular physical activity and a diet low in fat and calories.**"

Type 2 Diabetes

Type 2 diabetes accounts for 90-95% of all diabetes cases and happens when **the body is unable to effectively use insulin** to move glucose from the blood and into its cells.

People are at a higher **risk of diabetes** when they are age 45 or older, dealing with impaired glucose tolerance, obese, physically inactive, and/or related to other people with diabetes. People with type 2 diabetes are at an **increased risk of heart disease, stroke, blindness, kidney failure, and lower-extremity amputations.**

According to the Centers for Disease Control and Prevention (CDC), "people can delay and possibly prevent the disease by losing a small amount of weight (5 to 7 percent of total body weight) through 30 minutes of physical activity 5 days a week and healthier eating."

